

Live Well Lifestyle Webinar Recap & Recording

April 16, 2015 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Making Decisions with Confidence

My Intention Today: To make a decision and be confident in my decision.

If you have a wobble or doubt about your decision you are sabotaging your choice.

Life is made of daily challenges that call for a decision. A clear decision, totally owned by you, gives the journey clarity of success. A comfort zone was once a decision into the unknown. You learned and succeeded, it became easy and you stayed and stayed and stayed with what you know and miss the excitement of pushing yourself to new levels of learning and adventure. Don't be afraid to fail. You can always course correct and try again. Never second guess a decision. You can go back and change history. It is perfect. If you watched the Master's Golf Tournament time after time you saw a player make a decision about where to hit the ball and end up in a sand trap or in the rough and the very next shot put him right near the hole. That wrong decision ended up giving him the better lie.

Never doubt your decisions. 9 out of 10 times if have a doubt it will spread like cancer (negative mind talk) and you self destructed. Move forward with the confidence that you can learn new things and make this work.

You can't expect a decision to work if you don't believe it will and are not committed to it. You can't ride a horse with just one foot in the stirrup. How can you expect a marriage to work if you leave yourself a back door open. You marry because you are committed 100% to the relationship. Too many young people today get married today with the attitude if it doesn't work I can always get a divorce. An easy back door takes away the incentive to learn to communicate, speak up about your feelings and make it work. I promise you if you don't learn how to make it work with this person, you will draw another one just like them so you can practice until you get it. Learning to honor yourself is not about being right or wrong. It is about discussing what doesn't feel good or honor your values and finding a solution. It is up to you to teach people how to treat you.

Practice making decisions. Teach your children to make decisions when they are young. Let them pick out their clothes. Help them at first by giving them 2 choices. Do you want to wear the blue or the brown shirt? Eventually multiple choices will be easy for them.

I have a friend that will not make a decision, especially about eating out. So I never ask her. I just make the decision. Then she will tell me if she is good with my decision or not. Someone has to take the lead. Let that be you. Start practicing. The statement, "Whatever you want to do" is not an option!

Power Thought: "You're always on your way somewhere. The key is: find a way to be happy wherever you now are on your way to where you really want to be. (We're speaking of the state of being you want.) It does not matter where you are; where you are is shifting constantly - but you must turn your attention to where you want to go. And that's the difference between making the best of something and making the worst of something." www.Abraham-Hicks.com

Closing Thought: I decide. I accept that I made the perfect decision and I am confident it is to my highest good. All is well and getting better every day.

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